



**News**  
For Immediate Release

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**Verdugo Hills Hospital Offers Innovative Solution to Treat Symptoms of  
Common Spinal Condition**

*Patient Seminars will be held March 12 & April 2 at VHH*

(GLENDALE, CA – March 2, 2009) – Verdugo Hills Hospital (VHH) is now offering a new technology called the X-STOP® Interspinous Process Decompression (X-STOP® IPD®) system, providing a minimally invasive treatment of symptoms for neurogenic intermittent claudication due to Lumbar Spinal Stenosis (LSS).

Spine surgeon Roy Ashford, MD, will hold two patient seminars at VHH on March 12 and April 2 from 5:30 – 7 pm in the hospital’s Council Room, located on the 4<sup>th</sup> floor lobby. For more information or to RSVP, please call 818-246-8974 ext. 227.

“VHH strives to provide our patients access to the most innovative technologies and treatment options like the X-STOP IPD procedure,” said Len LaBella, VHH CEO and President. “Understanding the options regarding back surgery is important before consenting to any invasive procedure. These educational sessions will assist patients in making an informed choice. There will be other lectures on medical topics of interest to the community throughout the year.”

LSS is a narrowing that occurs in the lower part of the spinal canal that carries nerves to the legs. As this space in the lower spine shrinks, the nerves passing through the spinal canal can become squeezed, resulting in leg, buttocks, groin and sometimes back pain in some patients.

Because standing upright provokes LSS symptoms, the X-STOP implant is designed to limit extension of the lumbar spine and keep the canal open.

“A good candidate for the X-STOP procedure is someone aged 50 or older whose physical function is moderately impaired and who experiences relief from pain when bending forward,” said Ashford.

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The X-STOP IPD procedure involves implanting an X-STOP IPD device (a titanium alloy implant) in a minimally invasive procedure that takes about 45 to 90 minutes and can be done under local anesthesia. The X-STOP device underwent extensive clinical study and is the first device approved in the U.S. to treat the symptoms of LSS.

“This new procedure fills the gap in the continuum of care that, until now, required my patients to make the leap from conservative therapies, such as pain management medications and physical therapy, straight to invasive surgery such as a laminectomy,” said Ashford.

A laminectomy involves removing parts of the bone and tissue that are narrowing the spinal canal. It is an open and invasive surgical procedure that requires general anesthesia. Often this is not an appropriate option for patients who cannot tolerate general anesthesia due to age and other co-morbidities.

Patient benefits of the X-STOP IPD include:

- Minimally invasive surgical procedure
- Does not require general anesthesia; can be done under a local anesthetic as an outpatient procedure
- Typically no bone or soft tissue removal
- The implant is removable and does not prevent a patient from undergoing surgery at a later time
- Quick recovery time

The X-STOP system is indicated for patients aged 50 or older, who suffer from neurogenic intermittent claudication secondary to lumbar spinal stenosis confirmed with X-ray, MRI or CT scans. Patients receiving the X-STOP implant should have already been under a doctor’s care, received non-surgical treatment for their symptoms for at least six months and operative treatment is indicated at no more than two levels.

To learn more about the X-STOP® IPD System please visit: [www.kyphon.com](http://www.kyphon.com) or contact Dr. Ashford’s office at 818-246-8974.

**About the Hospital:**

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. Hospital features include emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothills’ Best Hospital” for 2008 by readers of the *Glendale News-Press* for the fifth consecutive year. For more information, please visit [www.vhhospital.org](http://www.vhhospital.org). For more information about funding initiatives or to support the hospital, please call the Foundation at 818.952.2226.

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